

FRIDAY, JUNE 12, 2020



Thank you to everyone who was able to join us for this week's telebriefing for military, veterans and their families! **Make sure you join us next Thursday,**June 18 from 10 - 11 AM for another online forum and Q&A.

To submit your questions in advance, click here.

Special Thanks to our June 11th Telebriefing Guest



Ron Stark, MBA, LAADC-CA, USN (Retired) President & Family Life Action Group (FLAG) Champion, San Diego Veterans Coalition

County Resources for Military & Veterans



Visit our County site for Military/Veterans/Families and Serving Organizations

General COVID-19 Frequently Asked Questions – Click here

Military and Veterans-Specific Frequently Asked Questions – Click here

In Case You Missed It...



The San Diego Veterans Coalition was organized in 2009, and incorporated as a non-profit in 2012, to serve the needs of San Diego regional Veterans, their families and significant others. SDVC's main mission is to improve collaboration and coordination among community service providers in all sectors (non-profit, county, state, federal, informal councils, Veteran groups) so that delivery of services is more comprehensive and Veteran Family-centric. Many of the organizations that belong to SDVC (over 150) specialize in one field (e.g. education, housing, employment, and healthcare), to offer comprehensive support to our local Veteran community. SDVC also proudly works alongside a wide variety of non-profit and for-profit organizations, as well as governmental agencies and civic minded individuals to serve the veteran community and its members. For more information, visit www.sdvetscoalition.org

Courage to Call is partnering with Feeding San Diego and National University to host a free food distribution drive-thru event at noon tomorrow, June 13, at 9388 Lightwave Ave, San Diego, CA 92123. Food distribution open to all Military Active Duty, Veterans, Guard, Reservists

Public Health Order Update: Several San Diego County Business may Reopen

As of today, June 12, 2020, the following businesses and industries may reopen their doors to the public, while following specific state-issued industry guidance. These industries will also need to complete a <u>Safe Reopening Plan</u>, post a copy of the plan at public entrances and discuss the plan and all guidance with employees and on-site contractors:

- Gyms and fitness facilities
- Community pools, including those in condominiums
- Restaurants, Bars and Wineries
- Hotels, for tourism and individual travel
- Card rooms, satellite wagering and racetracks
- Family entertainment, including bowling alleys and arcades
- Movie theaters (uses <u>family entertainment guidance</u>)
- Museums, galleries, zoos and aquariums
- Day camps
- <u>Campgrounds</u>, <u>RV parks</u>, <u>outdoor recreation</u> (includes for-hire fishing and small charter operations)
- Schools
- Music, film and TV production
- Professional sports without in-person spectators. (Office staff uses Office Workplace guidance. Retail operations use the Retail guidance).

For more information and safe reopening guidance, click here.

Face Coverings & Social Distancing

As people head back to work or resume some of their normal activities, County health officials are reminding the public to continue doing three things to prevent a surge of COVID-19: wear a face covering, keep their distance from others and wash their hands regularly.

Research has shown that when face coverings are used properly, they reduce transmission of the novel coronavirus. Maintaining physical distance from other people does too.

The Centers for Disease Control and Prevention recently conducted a <u>study of sailors at the aircraft carrier Theodore Roosevelt</u> which showed evidence that sailors who used a face covering and practiced social distancing had a lower infection rate.

To read the full County News Center article, click here.

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a <u>free</u>, <u>confidential</u>, <u>veteran-staffed</u>, <u>24/7 helpline</u> dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit <u>www.courage2call.org</u>, or call 1-877-698-7838, or 2-1-1

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found <u>here.</u>



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule here.

COVID-19 Posters Available



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available <u>here</u> for your use.



Coronavirus in San Diego County

Daily updates on positive cases



About Coronavirus

How the virus spreads, symptoms, and prevention



Resources and Materials

FAQs, posters, videos, and other materials



Prepare for Pandemic

Plans, supplies, and social distancing



Military and Veterans Resources

Information for military/veterans/families and serving organizations



Testing

Current testing recommendations





